

DAY PROGRAM AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
<p>1</p> <p>STAT TAAC CLOSED</p>	<p>2 Welcoming Wellness *Health Activity Games Group @ youth centre /Shopping for supplies Music Group: 60's Music!</p>	<p>3 Welcoming Wellness *Health Activity Cooking Group: Taco salad \$6 Cultural Diversity: Maori People of New Zealand Craft to Follow</p>	<p>4 Welcoming Wellness *Health Activity RECYCLING BOOK BUZZ Royal Theatre: DC League of Super Pets – 1 pm \$10</p>	<p>5 Welcoming Wellness *Health Activity</p> <p>BOWLING \$5 + SHOE RENTAL</p>	<p>WELCOME TO DAY PROGRAM!!</p> <p>OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS:</p> <p>8am-9am ARRIVALS & DAY PREP</p> <p>9am-11:30am LET THE DAY BEGIN: Health Activities ,Games, Workshops...ETC</p> <p>--12pm - 1pm-- LUNCH & CLEAN UP</p> <p>1:00-3:30 Activity, Craft , Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie & discussions.</p> <p>3:30-4pm TAAC MAINTENANCE & CLEAN UP.</p> <p>*RECYCLING IS A WEEKLY JOB PRESELECTED</p> <p>*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness</p>
<p>8 Welcoming Wellness *Health Activity Community Outing: Social Group Scavenger Hunt & Cold drink Book Buzz Afternoon BINGO!!</p>	<p>9 Welcoming Wellness *Health Activity Games Group @ Youth Centre: MONOPOLY! Shopping for Supplies Music Group: Musical Games</p>	<p>10 Welcoming Wellness *Health Activity Cooking Group: Turkey club wrap & chips \$5 Work Shop: Art Therapy & what it is</p>	<p>11 Welcoming Wellness *Health Activity RECYCLING Pacific Coast Trail- YOUTUBE Workshop: Bus Safety & etiquette</p>	<p>12 Welcoming Wellness *Health Activity</p> <p>WARFIELD POOL: GROUP SWIMMING \$6 Picnic Lunch BYOL</p>	
<p>15 Welcoming Wellness *Health Activity Book Buzz Safety Drills for August Group Circuit Learning: Active Listening</p>	<p>16 Welcoming Wellness *Health Activity Games Group @ Youth Centre: BINGO & PRIZES!! Music Group: Karaoke</p> <p>🎵 🎵 🎵</p>	<p>17 Welcoming Wellness *Health Activity Cooking Group: Hot dogs & Veggies/dip \$5 Guest Speaker: Addison Oberg- Trail Library Weaving and Textile Exhibition</p>	<p>18 Welcoming Wellness *Health Activity RECYCLING Pacific Coast Trail- YOUTUBE Crafts Workshop: HEALTHY BOUNDARIES</p>	<p>19 Welcoming Wellness *Health Activity</p> <p>GYRO WATER SPORTS & GAMES BYOL ----- Gold Fever Follies \$15 Dinner A&W \$10 3-8pm</p>	
<p>22 Welcoming Wellness *Health Activity Book Buzz Team Meeting: September! Afternoon Movie @ TAAC Popcorn & drink</p>	<p>23 Welcoming Wellness *Health Activity Games Group @ Youth Centre / shopping for supplies Music Group: Music Trivia</p>	<p>24 Welcoming Wellness *Health Activity Cooking Group: Chef Salad \$5 Cultural Diversity: World Music Dance party Crafts & Snack</p>	<p>25 Welcoming Wellness *Health Activity RECYCLING Pacific Coast Trail- YOUTUBE Workshop: Sharks & The ocean ----- Music in the Park & Rustic crust Pizza 4-8</p>	<p>26 Welcoming Wellness LEAVING TAAC @ 8:30 ***ALL DAY*** Kokanee Creek Salmon Spawning Picnic Lunch BYOL</p>	
<p>29 Welcoming Wellness *Health Activity Community Outing: Cold drink BOOK BUZZ Workshop: Managing Stress</p>	<p>30 Welcoming Wellness *Health Activity Games Group @ Youth Centre /shopping for supplies Music Group: How does Music Make you Feel</p>	<p>31 Welcoming Wellness *Health Activity Cooking Group: Croissant sandwich & Fruit salad \$5 Health & Safety Workshop: Kitchen & Cooking Safety</p>		<p>SEE YOU NEXT MONTH!</p> 	